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Foods, General

	Weight g	Calories	Carbohydrates g	Cholesterol mg	Dietary fiber g	Total fat g	Mono. fat g	Poly. fat g	Sat. fat g	Protein g	Calcium mg	Iron mg	Potassium mg	Sodium mg	Vitamin A RE	Zinc mg	Vitamin B12 mcg	Vitamin B6 mg	Vitamin C mg	Folic acid mcg	Niacin mg	Riboflavin mg	Thiamin mg
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Flours

Acorn flour, full-fat — 1 oz	28	142	15.5	0	0	8.6	5.4	1.6	1.1	2.1	12	0	202	0	0.2	1	0	0.2	0	32.2	0.7	0.04	0.04
Arrowroot flour — 1/4 cup	32	114	28.2	0	1.1	0	0	0	0.1	13	0	4	1	0	0	0	0	0	22	0	0	0	
Buckwheat flour — 1 cup	120	402	84.7	0	12	3.7	1.1	1.1	0.8	15.1	49	5	692	13	3.7	0	0	0.7	0	64.8	7.4	0.23	0.5
Carob flour — 1 cup	103	185	91.5	0	41	0.7	0.2	0.2	0.1	4.8	358	3	852	36	0.9	1	0	0.38	0	29.9	2	0.47	0.05
Corn flour																							
masa-enriched — 1 cup	114	416	86.9	0	10.9	4.3	1.1	2	0.6	10.6	161	8	340	6	2	0	0	0.42	0	27.4	11.2	0.86	1.63
masa-enriched, yellow — 1 cup	114	416	86.9	0	0	4.3	1.1	2	0.6	10.6	161	8	340	6	2	54	0	0.42	0	27.4	11.2	0.86	1.63
whole-grain, yellow — 1 cup	117	422	89.9	0	15.7	4.5	1.2	2.1	0.6	8.1	8	3	369	6	2	55	0	0.43	0	29.3	2.2	0.09	0.29
Cornstarch — 1/4 cup	32	122	29.2	0	0.3	0	0	0	0	0.1	1	0	1	3	0	0	0	0	0	0	0	0	0
Peanut flour																							
defatted — 1/2 cup	30	98	10.4	0	4.7	0.2	0.1	0	0	15.7	42	1	387	54	1.5	0	0	0.15	0	74.5	8.1	0.14	0.21
low-fat — 1/2 cup	30	128	9.4	0	4.7	6.6	3.3	2.1	0.9	10.1	39	1	407	0	1.8	0	0	0.09	0	40	3.4	0.05	0.14
Pecan flour — 1 oz	28	93	14.4	0	0	0.4	0.2	0.1	0	9	9	1	95	0	1.5	3	0	0.05	1	10.4	0.2	0.03	0.23
Potato flour — 1 cup	179	628	143	0	10.9	1.4	0	0.6	0.4	14.3	59	31	2843	61	2.9	0	0	0.01	34	90.6	6.1	0.25	0.75
Rice flour																							
brown — 1 cup	158	574	120.8	0	7.3	4.4	1.6	1.6	0.9	11.4	17	3	457	13	3.9	0	0	1.16	0	25.3	10	0.13	0.7
white — 1 cup	158	578	126.6	0	3.8	2.2	0.7	0.6	0.6	9.4	16	1	120	0	1.3	0	0	0.69	0	6.3	4.1	0.03	0.22
Rye flour																							
dark — 1 cup	128	415	88	0	28.9	3.4	0.4	1.5	0.4	18	72	8	934	1	7.2	0	0	0.57	0	76.8	5.5	0.32	0.4
light — 1 cup	102	374	81.8	0	14.9	1.4	0.2	0.6	0.1	8.6	21	2	238	2	1.8	0	0	0.24	0	22.4	3.8	0.09	0.34
medium — 1 cup	102	361	79	0	14.9	1.8	0.2	0.8	0.2	9.6	24	2	347	3	2	0	0	0.27	0	19.4	1.8	0.12	0.29
Semolina, enriched — 1 cup	167	601	121.6	0	6.5	1.8	0.2	0.7	0.3	21.2	28	7	311	2	1.8	0	0	0.17	0	120.2	10	0.95	1.35

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University Of California At Berkley
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